LeGood Nite

This blend is most effective when used for insomnia and snoring. Often soothes inflamed, swollen nasal and sinus passages while promoting deep, restful sleep. Encourages feelings of peace, calmness and the assurance that all will be well in your world even though you are sleeping and not actively watching over it.

Ingrediants: Cedarwood, Orange Sweet, Ylang Ylang

Affinity for: Throat cakra, Immune System (use faithfully during the cough and cold season)

Aroumatic conciderations: can be diffused in the home during the evening hours to promote restful sleep among all family members.

Application: diffuse, place on pillow, apply to sinuses

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